



**RMHC**  
of Central Pennsylvania

# Meals from the Heart

## What to Expect

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### About

**Cook together. Care together.** Meals from the Heart is a weekend volunteer opportunity for friends, families, or co-workers who love to cook and want to give back. Your group plans, purchases, and prepares a home-cooked meal in the Ronald McDonald House kitchen for families staying with us—making this both a volunteer experience and a meaningful in-kind donation.

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### How it Works

Plan your menu. Choose a balanced, family-friendly meal that can be served between 5:00–6:00 p.m.

Purchase your ingredients. Bring everything needed for your recipes.

Arrive and get oriented. Build in enough time so you have 2.5 hours for prep, cooking, packaging, and clean-up.

Cook on-site with our equipment. Our kitchens are fully stocked with standard tools and supplies.

Serve (or portion) dinner 5:00–6:00 p.m.

Help plate or package as needed, then tidy your station.

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### Quick Facts

**When:** Weekends only

**Dinner service:** 5:00–6:00 p.m.

**Time needed:** Plan for 2.5 hours total (cooking, packaging, and clean-up)

**Group size:** Up to 6 volunteers

**Ages:** Participants must be 16+; groups with 16–17-year-olds must include at least one adult (18+)

**Where:** Our in-House kitchen (all cooking tools and supplies provided)

**All meals must be prepared on-site. No off-site cooking or pre-prepared dishes, please.**

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### What We Provide

- Fully equipped, in-House kitchen (standard tools, utensils, and cookware)
- Cooking tools and supplies (pans, pots, utensils, measuring tools, etc.)
- Optional access to our outdoor grill (weather permitting)

### What You Bring

- All ingredients for your menu (proteins, produce, pantry items, spices, oils, etc.)
- Any specialty items unique to your recipes

**THANK YOU!**

for supporting our families

Contact Alyssa Noel, Volunteer & Operations Manager, at [anoel@rmhc-centralpa.org](mailto:anoel@rmhc-centralpa.org) or 717-533-4001 ext. 158 with any questions

